

The Franciscan Center September 2024 Fitness Class Schedule



Monday Open 6:30am-7:00pm	Tuesday Open 7:30am-7:00pm	Wednesday Open 6:30am-7:00pm	Thursday Open 7:30am-7:00pm	Friday Open 6:30am-7:00pm	Saturday Open 8am-4pm	Sunday Open 8am-4pm
<p>*Reminder* Sign up for <u>ALL</u> membership classes Stop by the desk or call 937-436-2203</p>	<p><u>Class Abbreviations</u> Core, S&S- Core, Strength & Stretch TRX® AS- TRX® Age Strong</p>	<p><u>KEY</u> A- Amy D- Diane S- Sandy K- Kendra R- Rich L- Lina</p>	<p>RED- ALL LEVELS BLUE- INTERMEDIATE \$\$- CLASS CHARGE</p>			<p>1 Open Fitness 8am-4pm</p>
<p>2 Franciscan Center CLOSED LABOR DAY</p>	<p>3 9am Tai Chi - D \$\$ 10:30am TRX- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$</p>	<p>4 8am SSneakers Classic 9am Women on Weights-A 10am Wacky Wednesday-A</p>	<p>5 9am Tai Chi – D \$\$ 10:30am TRX® AS-K \$\$ 1:30pm Chair Yoga-S \$\$</p>	<p>6 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A</p>	<p>7 Open Fitness 8am-4pm</p>	<p>8 Open Fitness 8am-4pm</p>
<p>9 8am SSneakers Classic- A 9am Cycling- R \$\$ 10am Core, S & S 1 hr- A 1pm Hawaiian Hula- L</p>	<p>10 9am Tai Chi - D \$\$ 10:30am TRX- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$</p>	<p>11 8am SSneakers Classic- A 9am Women on Weights- A 10am Wacky Wednesday-A</p>	<p>12 9am Tai Chi – D \$\$ 10:30am TRX® AS-K \$\$ 1:30pm Chair Yoga-S \$\$</p>	<p>13 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A</p>	<p>14 Open Fitness 8am-4pm</p>	<p>15 Open Fitness 8am-4pm</p>
<p>16 8am SSneakers Classic- A 9am Cycling- R \$\$ 10am Core, S & S 1 hr- A 1pm Hawaiian Hula- L</p>	<p>17 9am Tai Chi - D \$\$ 10:30am TRX- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$</p>	<p>18 8am SSneakers Classic- A 9am Women on Weights- A 10am Wacky Wednesday-A</p>	<p>19 9am Tai Chi – D \$\$ 10:30am TRX® AS-K \$\$ 1:30pm Chair Yoga-S \$\$</p>	<p>20 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A</p>	<p>21 Open Fitness 8am-4pm</p>	<p>22 Open Fitness 8am-4pm</p>
<p>23/30 8am SSneakers Classic- A 9am Cycling- R \$\$ 10am Core, S & S 1 hr- A 1pm Hawaiian Hula- L</p>	<p>24 9am Tai Chi - D \$\$ 10:30am TRX- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$</p>	<p>25 8am SSneakers Classic- A 9am Women on Weights- A 10am Wacky Wednesday-A</p>	<p>26 9am Tai Chi – D \$\$ 10:30am TRX® AS-K \$\$ 1:30pm Chair Yoga-S \$\$</p>	<p>27 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A</p>	<p>28 Open Fitness 8am-4pm</p>	<p>29 Open Fitness 8am-4pm</p>